



Sports Med Academy

Sports Med Academy is a series of free, monthly presentations for athletes, parents, coaches, and the community. Light refreshments are provided.

These educational presentations provide information on common sports injuries, prevention, nutrition, and training tips, as well as the opportunity to ask questions of the experts.

UPMC Lemieux Sports Complex

8000 Cranberry Springs Drive
Cranberry Township, PA 16066

Upcoming presentations* include:

- **Runners: How to Stay on the Road and Out of the Doctor's Office**

February 2, 2017, 6 to 7 p.m.

Whether you're a marathon runner or weekend warrior, this session will offer tips and techniques to prevent the most common running injuries.

- **Introduction to Sports Nutrition**

March 2, 2017, 6 to 7 p.m.

Introduction to Sports Nutrition is a great way to learn the basics on what to eat and how to eat to sustain a healthy mind and body to reach your goals.

- **Foot and Ankle Sports Injuries: Hype Versus Reality**

April 6, 2017, 6 to 7 p.m.

Foot and ankle injuries are common amongst athletes. Know where to look for these injuries and how to prevent them.

- **How to Avoid Meeting Tommy John: Preventing Injuries in Baseball and Softball**

May 4, 2017, 6 to 7 p.m.

Baseball and softball players commonly experience arm soreness and are likely to develop overuse injuries. Learn more about prevention methods and how to improve performance.



- **The Arm: The Most Valuable Commodity in Baseball (A Review of Jeff Passan's Book)**

June 1, 2017, 6 to 7 p.m.

An in-depth review of the New York Times Bestseller, learn more about the pressures facing pitchers and their struggles against arm injuries.

- **Incontinence in the Female Athlete**

July 6, 2017, 6 to 7 p.m.

Urinary incontinence is a common issue for female athletes. Learn more about the condition, including how to relieve symptoms.

- **Shoulder and Knee Injuries in Football**

August 3, 2017, 6 to 7 p.m.

Learn more about common football injuries, including ACL injuries, and how you can prevent getting hurt on the gridiron.

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For additional information about the UPMC Sports Med Academy, or to register, visit UPMCSportsMedicine.com/SportsMedAcademy or call Tricia at 724-720-3068.

* All presentations are subject to change.